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## CATARRH.

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In preparing this paper I have made extensive quotations from our oldest authorities, and thus show the disease not to be new. First, I will quote from Hippocrates:

"But if the winter have been rainy and mild, and the spring dry and cold, pregnant women who expect to be delivered during the spring are liable to abortion from the slightest cause; whilst those who do not miscarry give birth to weak and diseased children, either dying very soon or living as valetudinarians. Other persons are subject to dysentery and dry ophthalmia, and the aged are attacked by destructive catarrhs.

"But if a dry and cold summer be succeeded by a moist and warm autumn, from the commencement of winter pains in the head occur, with cough, hoarseness, coryza, and in some even consumption. Should the autumn be cold and without rain, it will be a favorable season for men, and for women of a moist temperament; in others, however, it will cause dry ophthalmias, severe fevers, chronic catarrh, and in some even melancholy.

"With respect to the seasons in general, those which are dry are more salubrious and less fatal than the rainy. In rainy seasons the greatest number of diseases occur, especially protracted fevers, diarrhoeas, putrid complaints, epilepsies, apoplexies, and quinsies; but in dry seasons phthisis, ophthalmia, arthritis, dysentery, and strangury prevail. But with respect to the daily state of the weather, the Boreal contracts the body, rendering it robust, active, and well colored, and the sense of hearing more acute; it also occasions the bowels to become bound, the eyes to smart, and pain to arise about the chest, or, if previously existing, to become more severe. The Austral state, on the contrary, relaxes the body, overcharges it with moisture, deadens the sense of hearing, renders the head heavy, and causes vertigo, inactivity, and diarrhoea.

"The diseases incident to spring are mania, melancholia, epilepsy, hemorrhages, angina, hoarseness, coryza, cough, leprosy, impetigo and vitiligo, many ulcerating pustules, tubercules, and pain of the

joints. Several of these diseases also occur in summer, together with ardent and continued fevers, and many tertians and quartans, vomiting, diarrhoea, inflammation of the eyes, pains of the ears, ulceration of the mouth, and sweating.

"Lastly, the old are attacked by difficulty of breathing, catarrh with cough, pain and difficulty in discharging the urine, gout, inflammation of the kidneys, vertigo, apoplexy, cachexy, itching of the whole body, want of sleep, diarrhoea, and discharges from the eyes and nose; they become likewise subject to defect or loss of vision, and to loss of hearing."

I will now give some extracts from *Parr's Medical Dictionary*:

"*Catarrhalis Febris Amphemerina* (from *catarrhus*, because this fever is accompanied with, or proceeds from, a catarrh).

"The catarrhal fever or continued quotidian of the ancients. It begins in the evening with a shivering and a coldness of the skin and extreme parts, costiveness, frequent desire of making water, but the urine is small in quantity; weakness of the head, universal languor, a capricious and irregular appetite, thirst, difficulty of swallowing, stimulus on the larynx, a heat in the nostrils and fauces, attended with sneezing and a weight in the breast. Toward night, heat and a quicker, fuller pulse; cough with a defluxion of rheum, a heat in the fauces, unquiet sleep, sweating in the morning, and at length a total loss of appetite. In the forenoon there is generally a remission, and it thus appears of the quotidian type.

"The cause is a fever, with inflammation on the membrane of the nostrils, throat, and bronchiæ, occasioning the secretion of a sharp acrid serum, which irritates every part of this membrane and sometimes the œsophagus, stomach, and intestines; a cough, hoarseness, spitting of viscid matter, sneezing, a defluxion on the lungs, nausea, and colic, followed by a salutary flux, are often the consequences."

See CATARRHUS: "*Catarrhus*, a defluxion. It is an inflammation of, or an increased and morbid secretion from, the mucous membrane of the nose, eyes, throat, mouth, and lungs, which, in a slight degree, is called a cold. Dr. Cullen ranks this genus of disease in the class pyrexiae and order profluvia. Hippocrates mentions seven species of defluxions under the appellation of catarrh, and, with Cœlius Aurelianus, under this term comprehends coryza. Dr. Cullen uses the last as a synonym to *catarrhus*.

"The seat of the catarrh is in a membrane of the nose, the frontal sinuses, the antra Highmorianana, and all the cells of the os sphenoides, the mouth, fauces, eyes, aspera arteria, and its branches in the lungs. It is most frequent in cold climes, in spring and autumn, or in variable seasons, and is said to be more common with those who have narrow chests, long necks, are disposed to coughs, the phlegmatic and weak.

A catarrh consists in an inflammation of the membrane lining the nose, the fauces, and the lungs, called from Schneider, who described it, and who has left us six small, but not thin, quartos on catarrhal inflammation of this and other mucous membranes. If it does not reach the bronchiæ it requires little care. Warmth, diluting mucilaginous liquors, slight sudorifics, and gentle laxatives soon remove it.

"A catarrh, however, though in itself a slight disease, is often the parent of a very highly dangerous and generally fatal complaint—viz., consumption.

"*Catarrhus Epidemicus*. If a common catarrh be so general in its attack as to excite the suspicion of its arising from aerial influence, we may with greater reason attribute to this cause the catarrh which is the subject of the present article. This source was so impressive that the Italian appellation of influenza has, in every language, distinguished it."

My first experience in this disease was from the 1st of January, 1843, to the 1st of February, 1843, while a student of medicine and surgery, and I carefully watched its course, causes, and effects, as my preceptor, Dr. Randall Reed, of Allegany county, N. Y., always required me to read thoroughly all authorities on the subject of the prevailing diseases and stand an examination on the same. At this time I read Hippocrates and all authors from his day on the subject of catarrh and influenza, and posted myself in regard to the seasons, etc.

On December 4, 1842, snow fell and lay quite deep along the Genesee river, in Allegany county, N. Y., and remained until the 1st of January, 1843, when there was a general break-up with heavy rains, high water, and deep mud, until the 1st of February. During this time men, women and children were generally sick, and some very sick, from catarrh or influenza. Catarrhal fever was prevalent, yet nearly all recovered under the adopted treatment of the free use of ipecac, bicarbonate of soda, and chloride of sodium, in powders or solution, also carbonate of ammonia and bark, with free bathing and friction.

We never heard it referred to as an infectious or contagious disease, but it was all charged to the changes in the weather, for when it became dry the disease disappeared. At this time, February, 1843, the ground was warm and dry, and

farmers sowed their oats and spring wheat. It was suggested by some of the would-be scientific men of the country that the earth in its revolutions had slipped south, and we would never have long and cold winters again. This was during the exciting days of "Millerism," when the end of the world was supposed to be near; and the papers also contained statements by a poor mute, seventy-five years old, who had never uttered a word, when she "opened her mouth and spake," and said: "In March, 1843, the snow will fall four feet deep and turn to oil and burn the world up." The snow did fall four feet deep in March—as I frequently measured it, but the old lady was not a good chemist: in April it turned to water and made big floods. The spring break-up was general—rain, hail, sleet, warm and cold, and general dampness—and the disease again appeared in an aggravated form, and my preceptor was worked very hard, and in all new cases I was with him and kept the usual records.

In 1845, March 3d, I entered into partnership with Dr. Babcock, of Friendship, N. Y., to practice medicine and surgery one year and to discontinue practice in that town at the expiration of that time. All kinds of weather—rain, hail and sleet, cold, wet and damp—occurred through March and April, and influenza, catarrhal fever, and catarrhal ophthalmia prevailed very extensively during the entire spring. We treated about one hundred cases of catarrhal ophthalmia, all of which recovered in due time under the general treatment for catarrh as given above, and the free local use of washes of a weak solution of sulphate of zinc and acetate of lead, and, as a change, a weak solution of chlorate of potassa and chloride of sodium, warm. We kept constantly over the diseased eyes lint or linen cloth wet with slippery-elm water, prepared from the fresh bark. This lotion was used cold inside and outside of the eyelids.

April 11, 1846, I arrived in Ridgway, Elk county, Pa., where I have been in the active practice of medicine and surgery nearly ever since, in the counties of Elk and adjacent parts of Jefferson, Cameron and Clearfield, having an extensive practice among the lumbermen of this lumber country.

In the spring and fall of all broken winters influenza has prevailed to a greater or less extent up to the present season, and during this season we have not had two days alike, and sometimes all kinds of weather the same day. Catarrh, in all its forms and producing all its results, has been very prevalent. I use freely:

**R.**—Potassii chlorat. . . . . 3jss.  
 Sodii bicarb. . . . . 3ij.  
 Pulv. acaciæ } . . . . . āā 3j.  
 Sodii chloridi }  
 Aquæ menthæ . . . . . f 3viiij.

**M. et fiat solutio.** Sig.—Give from a teaspoonful to a table-spoonful every half hour to an hour. Dose to be governed by circumstances as to age, etc.

I also give ipecac in powder or by adding it to the above solution, and quinine freely, and at times the following powders:

**R.**—Potassii chlorat. }  
 Sodii chloridi } . . . . . āā ℥j.  
 Acaciæ }  
 Sodii bicarb. . . . . ℥ij.  
 Pulv. opii. . . . . 3j.  
 Pulv. ipecac. . . . . 3ij.

**M. bene.** Sig.—Give from xxv to xl grains every one to four hours for an adult.

I use as a spray, wash, and gargle:

**R.**—Potassii chlorat. }  
 Sodii chloridi } . . . . . āā 3jss.  
 Acid. boracic. }  
 Aquæ Camphoræ . . . . . Oj.

**M. et fiat solutio.** Sig.—To be used three or four times a day, wherever the mucous membrane is affected with catarrh and can be reached with a wash; and as an injection in cases of catarrh of the urethra, bladder, vagina, and rectum.

I give in catarrh of the stomach, bowels, gall-bladder, kidneys, and bladder, pure virgin olive oil in doses from a tea-

spoonful to one or two tablespoonfuls three times a day, in wine or clear, with meals; also used locally wherever the diseased parts can be reached with the oil, sometimes mixing with the oil chloride of sodium.

When the patient is suffering with pain in the joints, limbs, back, and chest, I give pills, each of which contains:

**R.**—Hydrargyri chloridi corrosivi . . . gr.  $\frac{1}{8}$ .  
Potassi iodidi . . . . . gr. ij.

M. ft. mass. et fiat pil. no. i. Sig.—One to two pills taken three times a day, with meals.

Of late I have used the following preparation in place of the camphorated tincture of iodine:

**R.**—Iodinii } . . . . . aa ʒj.  
Camphoræ }  
Etheri loti. . . . . f ʒiij.

M. Sig.—Brushed along the spine, over the chest, shoulders, hips, joints, and on the limbs, wherever pain exists.

I have used for many years for all catarrhal and bronchial coughs:

**R.**—Pure fresh lemon juice } . . . . . aa Oj.  
Jamaica rum }  
White sugar . . . . . lbj.

M. bene. Sig.—Take from one teaspoonful to a tablespoonful pro re nata.

This has always given satisfaction.

The saline baths and thorough friction of the entire body must not be neglected.

Almost daily patients call for treatment of the eye and ear. Some have a defect or loss of vision, and others the loss of hearing. Many of them have been from home for treatment by specialists, or those who make a specialty of the treatment of the eye and ear, and have received no relief. On examination I find no disease of eye or ear, but they are greatly afflicted with chronic catarrh, as described by Hippocrates, and by thorough and careful treatment they all recover.

In addition to the treatment already given I use the following:

**R.**—Ergotin. . . . . ℥iv.  
 Tinct. iodinii camphorat. . . . . f ʒss.  
 Glycerini . . . . . f ʒiv.

M. bene. Sig.—Use with a brush in the throat, fauces, and post-nasal cavities.

I am now treating many cases of this class, and I find children, as well as men and women, wearing glasses for troubles of the eye, while catarrh is the cause of all their symptoms.

